



Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA

POOL SCHEDULE May 2022

- Check schedule carefully. Call ahead to inquire about lane availability.
- All local and state COVID regulations must be followed. Do not attend if you do not feel well.
- Proper swimming attire is required, no cotton clothing.
- Weekday morning policy: Swimmers leaving **MUST** exit pool area by 8:00 am, including those using locker rooms, through pool deck glass doors. All must be out of the building by 8 am.

MONDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 6:00 pm - Lane Rental (1 Lane)
4:30 - 6:00 pm - Lap swim (3 Lanes) / Open swim / NO Diving Board
6:00 - 7:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

TUESDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 7:30 pm - Lifeguarding
5:30 - 7:30 pm - Lap swim (3 Lanes) / Open swim NO Diving Board

WEDNESDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 5:15 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:15 - 6:00 pm - Water Aerobics / Lap swim (3 Lanes) / NO Open swim /
NO Diving Board
5:30 - 7:30 pm - Lifeguarding
6:00 - 7:30 pm - Lap swim (3 Lanes) / Open swim with NO Diving Board

THURSDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 6:00 pm - Lap swim (3 Lanes) / Open swim with Diving Board
6:00 - 7:30 pm - Diving Class / Lap swim (3 Lanes) / Open swim NO Diving
Board

FRIDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:30 - 6:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board
6:30 - 7:30 pm - Special Olympics / NO Lap Swim / NO Open Swim

SATURDAY & SUNDAY: CLOSED until a weekend custodian is hired
AFC IS CLOSED: Monday May 30 for Memorial Day

OPEN SWIM: The diving board, where indicated, and 3 lanes are open for leisure swim.
LAP SWIM: Designated lanes for swimming laps and aquatic fitness use ONLY.

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim *LAPS* in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

Aquatic & Family Center . 413-587-1046
Parks & Rec Office . 413-587-1040
www.northamptonma.gov/recreation

FOR MORE INFORMATION
& TO REGISTER



SCAN ME

OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT

JFK Pool Calendar May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lane Rental (1 Lane) 4:30-6:00 Lap (3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:00pm Open Swim (with Diving) 6:00-7:30pm	3 Masters (6 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (No Diving) 5:30-7:30pm Open Swim (with Diving) 6:00-7:30pm	4 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap (3 Lanes) 5:15-7:30pm Open Swim (with Diving) 6:7-30pm	5 Masters (5 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-6pm Open Swim (NO Diving) 6:7-30pm Diving Class 6-7:30pm	6 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7-7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-6:30pm Open Swim (with Diving) 5:30-6:30pm Special Olympics 6:30-7:30pm	7	AFC CLOSED
8	9 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lane Rental (1 Lane) 4:30-6:00 Lap (3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:00pm Open Swim (with Diving) 6:00-7:30pm	10 Masters (6 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lifeguarding 5:30-7:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (No Diving) 5:30-7:30pm Open Swim (with Diving) 6:00-7:30pm	11 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap (3 Lanes) 5:15-7:30pm Lifeguarding 5:30-7:30pm Open Swim (NO Diving) 6-7:30pm	12 Masters (5 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-6pm Open Swim (NO Diving) 6-7:30pm Diving Class 6-7:30pm	13 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7-7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-6:30pm Open Swim (with Diving) 5:30-6:30pm Special Olympics 6:30-7:30pm	14	AFC CLOSED
15	16 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lane Rental (1 Lane) 4:30-6:00 Lap (3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:00pm Open Swim (with Diving) 6:00-7:30pm	17 Masters (6 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lifeguarding 5:30-7:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (No Diving) 5:30-7:30pm Open Swim (with Diving) 6-7:30pm	18 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap (3 Lanes) 5:15-7:30pm Lifeguarding 5:30-7:30pm Open Swim (NO Diving) 6-7:30pm	19 Masters (5 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-6-7:30pm Open Swim (NO Diving) 6-7:30pm Diving Class 6-7:30pm	20	AFC CLOSED	
22	23 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lane Rental (1 Lane) 4:30-6:00 Lap (3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:00pm Open Swim (with Diving) 6:00-7:30pm	24 Masters (6 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm Open Swim (NO Diving) 6-7:30pm	25 Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7:45am H2O Aerobics 7:40am Lap (4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 6-7:30pm	26 Masters (5 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm Open Swim (NO Diving) 6-7:30pm Diving Class 6-7:30pm	27	AFC CLOSED	
29	30 AFC CLOSED (Memorial Day)	31 Masters (6 Lanes) 6:45-7:45am Lap (4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap (3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm				Daily Pool Lap/Open Swim Fees Resident: Adult / Senior / Youth: \$5.00 Non-Resident: Adult / Senior / Youth: \$8.00	Revised 4/29/22